

GET FIT OR DIE

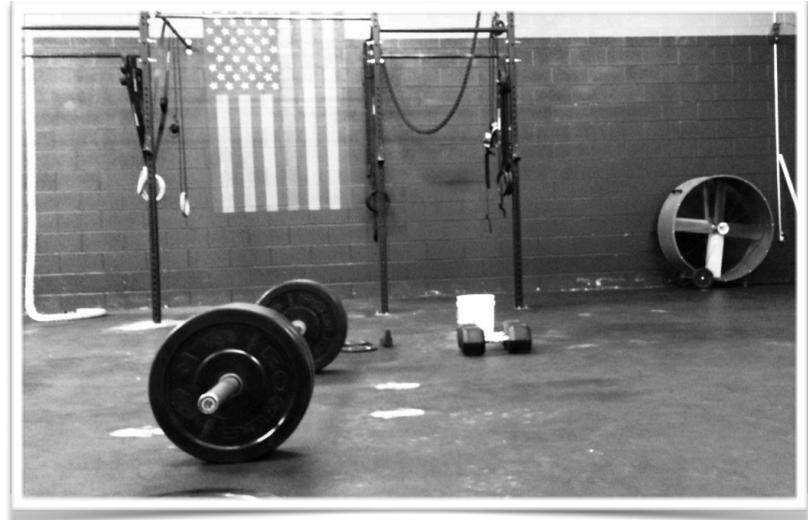
Who said that!

“Get Fit or Die” - the phrase is trademarked with Ranger Up, LLC.

Exercise & Dementia

Older adults with poor fitness levels have more deterioration of white matter in their brains, according to a new study, compared with their fitter peers. White matter deterioration was also linked with a decline in decision-making brain function among adults with early signs of memory loss, suggesting that regular exercise may slow cognitive decline and perhaps even dementia, say the study authors.

<https://time.com/5162477/exercise-risk-dementia/>



Too young to worry about death:

CDC Expectation of Life (all races)

Male 76

Female 81

We all know going to the hospital for anything is going to be a hit on our budget. Some trips to the hospital we can prevent, some we cannot. But as we age, prevention is key to many diagnoses that may lurk at our door.

Exercise & CHF

Exercise training is a safe non-pharmacological intervention in clinically stable patients with heart failure on standard medical therapy with positive effects on both morbidity and quality of life.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3332327/>

Exercise & COPD

Pulmonary rehabilitation is a program that can help you learn how to breathe easier and improve your quality of life. It includes breathing retraining, exercise training, education, and counseling.

<https://my.clevelandclinic.org/health/articles/9450-copd-exercise--activity-guidelines>

Exercise & Osteoarthritis

Based upon current evidence, individuals with normal joints and no joint injury should be actively encouraged to exercise regularly both for benefits as they pertain to the joints and other health benefits.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2667877/>

Hospital Admissions:

The leading diagnosis of hospital admissions age 65 and over:

1. Congestive Heart Failure (CHF)
2. Hypertension
3. Angina
4. Chronic Obstructive Pulmonary Disease (COPD)
5. Diabetes
6. Asthma
7. Gastroenteritis
8. Dehydration
9. Bacterial Pneumonia

Nursing Home Admissions:

Leading diagnosis associated with Nursing Home admissions:

1. Dementia
2. Stroke
3. Heart Failure (CHF)
4. Parkinson's Disease
5. Osteoarthritis
6. Complicated Diabetes Mellitus

Exercise & Diabetes

The list of exercise benefits is long. Exercise helps control weight, lowers blood pressure, reduces harmful LDL cholesterol and triglycerides, raises healthy HDL cholesterol, strengthens muscles and bones, and reduces anxiety. Exercise can help regulate blood sugar and increase the body's sensitivity to insulin. Both are important for people with diabetes.

<https://www.health.harvard.edu/healthbeat/exercise-is-good-for-diabetes>

30.3 million people have diabetes

80.4 million people have pre-diabetes

<https://www.cdc.gov/diabetes/library/socialMedia/infographics.html>

I'll just let someone take care of me later:

In Texas the average monthly costs for a Nursing Home:

Private room \$6,540

Semi-Private room \$4,798

The average monthly costs for an Assisted Living Facility

\$4,000

But healthcare prevention costs too much:

Exercise can prevent and prolong the onset of many of these diseases. Let's put some numbers to it...

In our box, the monthly membership:

\$135 month \times 12 = \$1,620 year

\$1,620 a year is 1/3 of one month's cost of a semi-private room in a Nursing Home.

American Heart Association:

Does not have to be CrossFit - get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.

Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.

I haven't had to watch a loved one go through the slow and painful process of dying; however, as I get older, I have had many friends who have. It's tough watching people struggle to breathe, eat, or simply move. It's tough to have a loved one experience a loss of cognitive awareness to the point that they forget the person with whom they spent their life. Take the time to take care of yourself - it is not selfish. There are people who love you and want to enjoy you for a lifetime and the healthier you are, the more resilient you will be.

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**Taking care of yourself comes with a reward for the
people you care about and the work that you do.
It's never selfish.**

Dany Garcia

Cofounder of Seven Bucks Production

Forbes